WE CLAIM:

- 1. A method for obtaining updated data on a portable unit from a server connected to a global communications network, said method comprising the steps of:
 - a. transmitting a request for data from said portable unit to said server;
 - b. parsing the contents of said data request into strings of elements;
 - c. transmitting at least one of said strings to said portable unit;
 - d. selecting an element from said one of said strings;
 - e. selecting a relevant criteria that can be applied to said element;
 - f. transmitting said selection from step e. from said portable unit back to said server;
- 10 and,

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- g. transmitting updated data from said server to said portable unit based upon said selected criteria.
- 2. The method of claim 1 wherein said transmitting steps comprise wireless transmitting steps.
- 3. The method of claim 2 wherein said paring step b. further comprises the step of:
 - h. parsing said contents of said requested data into numeric and text strings.
- 4. The method of claim 3 wherein said parsing step b. further comprises the step of:
- i. presenting said strings as a vertical list of scrollable elements to said portable unit so that the user of said portable unit can select an element of said list from which to receive future updated data.
- 5. The method of claim 4 wherein said global communications network comprises the World Wide Web (WWW).
- 6. The method of claim 5 wherein said portable unit is a wireless portable unit.
- 7. The method of claim 6 wherein said wireless portable unit comprises a cellular telephone.
- 25 8. The method of claim 6 wherein said wireless portable unit comprises a Personal Digital Assistant (PDA).
 - 9. A server apparatus for providing updated data from a global communications network based upon requests from a portable unit, said server apparatus comprising:
- parsing means for parsing the contents of data requested by said portable unit into a list of elements; and,

updating means for applying criteria selected by said portable unit to at least one of said elements and for updating data requested by said portable unit based upon said criteria,

wherein said updated data is supplied by said server apparatus back to said portable unit based upon the element and criteria selected.

- 5 10. The server apparatus of claim 9 further comprising:
 wireless means for communicating said data between said server apparatus and said portable unit.
 - 11. The server apparatus of claim 10 wherein said global communications network comprises the World Wide Web (WWW).
- 10 12. The server apparatus of claim 9 wherein said portable unit comprises a cellular telephone.
 - 13. The server apparatus of claim 9 wherein said portable unit comprises a Portable Digital Assistant (PDA).